

# Bill Heddles Recreation Center

presents

## Bike-to-Work-Day

Wednesday June 26th

### Calendar of Events

Meals on Wheels (all day) - Sponsored By:

Healthy Start-(2 for 1 oatmeal, apples/nuts)..McDonalds

Lunch Rush- (\$5 Buck lunch, get FREE water bottle)..Dairy Queen

Gears and Beers (special tba)...CB's Tavern



## BIKE/TRIKE FAMILY NIGHT 5:30pm - 7:30pm

FREE BARBECUE

FREE BIKE SWAP

FREE SAFETY/OBSTACLE COURSES

FREE POKER RIDE

FREE BIKE TUNE-UPS

FOR INFO. CALL BHRC 874-0923